

Statistics Report 11352, Potatoes, flesh and skin, raw

Report Date: October 07, 2015 05:22 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ^{1 2}	g	79.34	--	0.368	77.7	83.92	2.0	77.808	80.876	2	Analytical or derived from analytical	--	05/2002
Energy	kcal	77	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Energy	kJ	321	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Protein ^{1 2}	g	2.02	--	0.034	1.44	2.22	2.0	1.884	2.155	2	Analytical or derived from analytical	--	05/2002
Total lipid (fat) ^{1 2}	g	0.09	--	0.009	0.08	0.2	2.0	0.05	0.131	2	Analytical or derived from analytical	--	05/2002
Ash ^{1 2}	g	1.08	--	0.097	0.7	1.38	1.0	0.396	1.77	2	Analytical or derived from analytical	--	05/2002
Carbohydrate, by difference	g	17.47	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fiber, total dietary ²	g	2.2	--	--	1.6	2.4	--	--	--	1	Analytical or derived from analytical	--	05/2002
Sugars, total ²	g	0.78	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010

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Sucrose 1 2	g	0.17	--	0.021	0.08	0.33	1.0	-0.08	0.427	2	Analytical or derived from analytical		-- 05/2002
Glucose (dextrose) 1 2	g	0.33	--	0.047	0.16	0.84	2.0	0.062	0.607	2	Analytical or derived from analytical		-- 05/2002
Fructose 1 2	g	0.27	--	0.029	0.16	0.54	3.0	0.173	0.367	2	Analytical or derived from analytical		-- 05/2002
Lactose 1 2	g	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical		-- 05/2002
Maltose 1 2	g	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical		-- 05/2002
Galactose 2	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical		-- 05/2002
Starch 1 2	g	15.44	--	1.448	10.54	18.1	1.0	4.107	26.78	2	Analytical or derived from analytical		-- 05/2002
Minerals													
Calcium, Ca 1 2	mg	12	--	1.368	6	16	2.0	5.021	18.652	2	Analytical or derived from analytical		-- 05/2002
Iron, Fe 1 2	mg	0.78	--	0.040	0.47	1.24	2.0	0.615	0.948	2	Analytical or derived from analytical		-- 05/2002
Magnesium, Mg 1 2	mg	23	--	0.452	19	25	2.0	20.753	25.038	2	Analytical or derived from analytical		-- 05/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P 1 2	mg	57	--	0.880	48	75	2.0	53.364	60.432	2	Analytical or derived from analytical		-- 05/2002
Potassium, K 1 2	mg	421	--	11.942	368	506	2.0	365.497	476.623	2	Analytical or derived from analytical		-- 05/2002
Sodium, Na	mg	6	73	0.760	--	--	--	--	--	--	Analytical or derived from analytical		-- 08/2010
Zinc, Zn 1 2	mg	0.29	--	0.003	0.27	0.35	2.0	0.281	0.307	2	Analytical or derived from analytical		-- 05/2002
Copper, Cu 1 2	mg	0.108	--	0.016	0.08	0.18	1.0	-0.062	0.278	2	Analytical or derived from analytical		-- 05/2002
Manganese, Mn 1 2	mg	0.153	--	0.026	0.12	0.24	1.0	-0.172	0.479	2	Analytical or derived from analytical		-- 05/2002
Selenium, Se	µg	0.3	299	0.031	--	--	--	--	--	--	Analytical or derived from analytical		-- 08/2010
Vitamins													
Vitamin C, total ascorbic acid	mg	19.7	141	0.769	--	--	--	--	--	--	Analytical or derived from analytical		-- 08/2010
Thiamin 1 2	mg	0.080	--	0.006	0.06	0.1	1.0	0.037	0.122	2	Analytical or derived from analytical		-- 05/2002
Riboflavin 1 2	mg	0.032	--	0.013	0.02	0.05	1.0	-0.093	0.157	2	Analytical or derived from analytical		-- 05/2002

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Niacin 1 2	mg	1.054	--	0.040	0.93	1.3	2.0	0.876	1.232	2	Analytical or derived from analytical		-- 05/2002
Pantothenic acid 1 2	mg	0.296	--	0.036	0.25	0.37	1.0	-0.116	0.709	2	Analytical or derived from analytical		-- 05/2002
Vitamin B-6 1 2	mg	0.295	--	0.148	0.11	0.6	1.0	-1.529	2.118	2	Analytical or derived from analytical		-- 05/2002
Folate, total 1 2	μg	16	--	3.324	9	34	2.0	2.52	28.875	2	Analytical or derived from analytical		-- 05/2002
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero		-- 02/2007
Folate, food	μg	16	--	3.324	9	34	2.0	2.52	28.875	2	Analytical or derived from analytical		-- 08/2010
Folate, DFE	μg	16	--	--	--	--	--	--	--	--	Calculated or imputed		-- 08/2010
Choline, total	mg	12.1	--	--	--	--	--	--	--	--	Calculated or imputed	11353	02/2007
Betaine	mg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	11353	02/2007
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero		-- 08/1984
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero		-- 09/2004
Vitamin A, RAE 1	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed		-- 08/2010
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero		-- 06/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta 1 2	µg	1	--	0.570	0	6	2.0	-0.666	3.534	2	Aggregated data involving comb. of codes other than 1,12 or 6	--	05/2002
Carotene, alpha 1 2	µg	0	--	0.000	0	0	--	--	--	2	Aggregated data involving comb. of codes other than 1,12 or 6	--	05/2002
Cryptoxanthin, beta 1 2	µg	0	--	0.000	0	0	--	--	--	2	Aggregated data involving comb. of codes other than 1,12 or 6	--	05/2002
Vitamin A, IU	IU	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Lycopene 1 2	µg	0	--	0.000	0	0	--	--	--	2	Aggregated data involving comb. of codes other than 1,12 or 6	--	05/2002
Lutein + zeaxanthin 2	µg	8	--	2.357	1	29	3.0	-0.213	16.63	2	Analytical or derived from analytical	--	08/2010
Vitamin E (alpha-tocopherol) 2	mg	0.01	--	--	0	0.01	--	--	--	1	Analytical or derived from analytical	--	05/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, beta 2	mg	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
Tocopherol, gamma 2	mg	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
Tocopherol, delta 2	mg	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 1 2	µg	1.9	--	0.660	0.8	3.6	1.0	-5.177	9.015	2	Analytical or derived from analytical	--	05/2002
Lipids													
Fatty acids, total saturated	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
10:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
14:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
16:0	g	0.016	59	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
18:0	g	0.004	59	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
Fatty acids, total monounsaturated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
18:1 undifferentiated	g	0.001	59	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
Fatty acids, total polyunsaturated	g	0.043	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated	g	0.032	59	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
18:3 undifferentiated	g	0.010	59	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2001
Phytosterols	mg	5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
Amino Acids													
Tryptophan 1 2	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine 1 2	g	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Isoleucine 1 2	g	0.065	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Leucine 1 2	g	0.096	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Lysine 1 2	g	0.105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Methionine 1 2	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Cystine 1 2	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Phenylalanine 2	g	0.080	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Tyrosine 1 2	g	0.047	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Valine 1 2	g	0.101	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Arginine 1 2	g	0.099	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine 1 2	g	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Alanine 1 2	g	0.062	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Aspartic acid 1 2	g	0.472	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Glutamic acid 1 2	g	0.345	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Glycine 1 2	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Proline 1 2	g	0.062	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Serine 1 2	g	0.073	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2002
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2007
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Anthocyanidins													
Petunidin ³	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin ³	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Malvidin ³	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Pelargonidin ³	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Peonidin ³	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Cyanidin ³	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin ^{3 4}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin ^{3 4}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin ^{3 4}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate ^{3 4}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate ^{3 4}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin ^{3 4}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin ³	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin ³	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin ^{3 5 10}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin ^{3 5 6 10}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol ^{5 6 7 10}	mg	0.8	--	0.77	0	2.33	--	--	--	--	--	--	--
Myricetin ^{3 5 6 10}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin ^{3 5 6 7 10}	mg	0.7	--	0.29	0	3.4	--	--	--	--	--	--	--
Isoflavones													
Daidzein ^{8 9}	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Genistein ^{8 9}	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones ^{8 9}	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5L, 2001 Beltsville MD

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